

# Newfound Landing

THURSDAY, MARCH 18, 2021

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COMPLIMENTARY

## Slow second quarter sinks Bears in semis

*NEWFOUND HOOP GIRLS COME UP ONE GAME SHORT OF FINALS*

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — Basketball games are four quarters. Usually in tournament play, if you don't play your best in all four quarters, you aren't going to advance.

That's exactly what happened to the Newfound hoop girls in the Division III semifinals on Thursday, March 11.

The Bears played three solid quarters but were outworked in the second quarter, allowing Fall Mountain to open up a big lead that the Bears couldn't overcome and the Wildcats ended Newfound's season with a 40-28 win on the court at Trinity High School in Manchester.

SEE BEARS PAGE A7



JOSHUA SPAULDING

Sisters Malina (left) and Mackenzie Bohlmann defend against Fall Mountain in semifinal action last week.



Tiffany Doan rises toward the basket in semifinal action against Fall Mountain last week.



Paulina Huckins puts up a shot under the hoop in semifinal action last week.



Bailey Fairbank drives toward the basket in semifinal action last Thursday in Manchester.

## Experience the rewards of volunteering!

Pemi-Baker Community Health offers training via 'Zoom' in the comfort of your home

BY ANNA SWANSON

Pemi-Baker Community Health

PLYMOUTH — With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family and your community. Giving time to others can reduce stress, com-

bat depression, keep you mentally stimulated, and provide sense of purpose.

Pemi-Baker Hospice volunteers come from a variety of professional backgrounds and represent many of the 22 towns that PBCH serves. Many volunteers have

SEE VOLUNTEERING PAGE A7

## SPORTS AND THE PANDEMIC

### COVID's impact on unified sports

=BY CASSIE ZICK

Contributing Writer

BRISTOL — Playing sports in this unprecedented time has proven to be a challenging task for many students attending Newfound Regional High School. In the past couple of weeks, we conducted interviews conversing with Garrett King, a senior basket-

ball and soccer player, and Tiffany Doan, a senior basketball and field hockey player, on their experiences with athletics during the pandemic. This week, we meet with Jazmin Ivers, a participant on the unified basketball team at Newfound, and her take on sports in light of COVID.

In a unified sport, athletes work as partners with kids with special needs. It can be assumed that challenges would arise with keeping those kids attentive on maintaining safety with the pandemic. "With COVID it got difficult to play the game. I usually would

SEE SPORTS PAGE A6

## PACC fights through challenging times



DONNA RHODES

Dawn Miller and Sarah Jordan of the Plymouth Area Community Closet are part of Plymouth Area Community Closet's dedicated staff members who prepare boxes of both fresh and non-perishable foods for area residents each Tuesday and Thursday morning at their location on S. Main Street in Plymouth.

BY DONNA RHODES  
CONTRIBUTING WRITER

PLYMOUTH — Like other businesses and local services, the Plymouth Area Community Closet has had some setbacks as a result of the COVID-19 virus. Its board of directors has, however, been working hard in these challenging times to ensure that local residents experiencing difficulties continue to get assistance through their food, heating and financial services programs.

After the nationwide shutdown last March, PACC's Thrift Shop, which helped to raise funds to support their services, was closed.

Their neighbors, Boomerangs Used Furniture and Funky Stuff, offered to alleviate them of the rental costs for that space however and they now donate a percentage of their proceeds toward PACC's community services. It was a "win-win" for both businesses.

Manager Dawn Miller and volunteer Sarah Jordan help oversee the operations of the Food Depot for PACC, and said they are grateful for the many donations they receive to help residents in the 15 towns they serve.

Jordan, a longtime volunteer, said the service originally began through the grace of local churches and PACC was then formed to carry on their mission.

Each week, the two women, along with other volunteers, package up boxes of foods for their clientele. Miller said the numbers vary each week but can include up to 20 families or more that they serve.

Donations sometimes come from the public, including local businesses like Mid-State Health Center, but the major part of their foods are provided by local grocery stores, such as Hannaford's and Walmart, as well as the state's food bank. Those contributions include fresh fruits, vegetables, meat, canned goods, pastries, and breads. They also receive offerings of juice, milk and other healthy

SEE PACC PAGE A7



# SLA to host Squam Bird ID 101 event



photo courtesy of Lee Grenier

**H O L D E R N E S S** —Join the Squam Lakes Association via Zoom on Saturday, March 20 from 10-11 a.m. to learn how to identify birds in the Squam Lake area! During the call you will learn about the basics of bird identification, how the SLA provides habi-

tats for wood ducks, and how you can help birds thrive in your own backyard! Lakes Region Conservation Corps member, Daniel will lead the discussion. Birds play important roles in many ecosystems by keeping insect and small mammal

populations in check, spreading plant seeds far and wide, transform-

ing landscapes into more suitable habitats for other animals, pollinating

plants, and breaking down carrion. Identifying birds and understanding their behaviors can be an incredibly rewarding and educational experience. Join us on the 20th to learn some tips and tricks about how to identify birds and how you can maintain a suitable habitat for birds at home! Registration is required. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and

conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

## Two Panther skiers earn All-America honors

**FRANCONIA** — Junior Mathilde Nelles (Malmedy, Belgium) became the first Plymouth State University skier to capture NCAA All-America honors after placing fifth in the women's giant slalom at the National Collegiate Skiing Championships at Mittersill on Cannon Mountain last Wednesday.

Nelles, who has been the Panthers' top skier all year, sat in seventh after her opening run, but was able to move up two spots in the final rankings to post the best individual finish at the championships in school history.

Not to be outdone, junior Hunter Watson (Ottawa, Ontario) also set a school record as his 11th-place finish was the best men's GS finish at the championships since PSU joined NCAA skiing in 2012.

As a team, the women earned 37 points to finish sixth, while the men also ended up sixth with 40 points.

Wearing bib 16, Nelles got off to a fantastic start posting a first run time of 1:03.79 to sit in seventh, less than 0.50 seconds out of a podium spot. She tore through the course on her second run, notching the sixth-fastest time of the group, to finish in a combined 2:08.96.

Her fifth-place finish is the highest for any Panther skier (male or female) in either discipline at the National Championships since Plymouth State joined NCAA skiing in 2012.

Senior Gigi Quimby (Pepperell, Mass.) posted a first run time of 1:05.77 to rank 24th, before moving up one spot after her second run. Her overall time of 2:13.06 was good enough for 23rd.

Sophomore Carmela Olmo (Val D'Aran, Spain) was strong out of the start of her opening run but missed a gate to post a DNF.

Watson put down a solid first run to hold 15th after a time of 1:01.52. He flew down the hill for the eighth fastest second run to move all the way up to 11th, just one spot out of All-America honors, with a combined 2:04.48.

Watson's 11th-place was five spots better than his own previous school record set just last year.

Senior Cooper Yates (Richmond, British Columbia) was right behind Watson in 23rd after an opening run of 1:02.24. He also came out with a huge second run, the 10th fastest of the day, to jump up to 15th with a combined 2:05.32.

Freshman Dawson Hill (Calgary, Alberta) was undeterred in his first NCAA appearance, finishing 27th in 2:07.75.

Just 48 hours after seeing the Plymouth State University ski program's first NCAA All-American, Watson matched the honor by

placing 10th in the men's slalom at the National Collegiate Skiing Championships at Mittersill on Cannon Mountain on Friday.

Despite qualifying for NCAAAs last year, Watson missed out on skiing the slalom as the COVID-19 pandemic brought the sports world to a halt midway through the championships. He took full advantage of Friday's opportunity, besting difficult course conditions and warm temperatures to post the top slalom finish at NCAAAs in program history (men or women), while becoming the first men's skiing NCAA All-American at Plymouth State.

Olmo was the lone Panther to complete both runs on the women's side with a 22nd-place performance.

Challenging course conditions due to recent warm weather and rain the previous night led to several stumbles, falls, missed gates and even a lost ski among the nation's top collegiate racers.

As a team, the men accumulated 45 points to finish sixth, while the women ended up 11th.

Watson was seemingly unfazed by the difficult conditions. He posted the tenth-fastest first run (45.42) and held onto the top-10 spot with a 45.27 in his second run for a total time of 1:30.69.

Watson's 10th-place finish is the highest for a PSU skier (male or female) in the slalom at the National Championships since the program

joined NCAA skiing in 2012.

Yates, racing in his third NCAA Championship, also had a strong initial run, making an incredible recovery after nearly losing his balance near the bottom of the course to still post a 46.50 to sit in 14th. His second run time 45.09 gave him a combined 1:31.59 to place 14th, his best-ever finish at the championships.

Hill fell victim to the conditions after missing a gate during his first run, but he hiked back up to complete the course in 1:03.94 (26th) and help ensure additional team points for the Panthers. He rallied in his second run, tearing through the course in 43.83, the third-fastest time of run two, to wind up 24th in 1:47.77.

Olmo put down a good first run to finish 26th with a time of 56.49. She moved up four spots after a second run of 51.03 for a combined 1:47.52.

Quimby sat in 19th after her opening run (54.36). During her second run, though, she succumbed to the course and was unable to finish.

Nelles was very fast through the first interval of her opening run with a time on pace with the early leader, but she missed a gate. After going extra hard to make up for lost time she missed a second gate and took a DNF.

The conclusion of the alpine championships marks the end of the season for the Panthers and the final collegiate races for seniors Quimby and Yates.

## Panther skiers earn All-Academic honors

**PLYMOUTH** — A group of 22 Plymouth State University alpine skiers were among a record 428 student-athletes named to the National Collegiate All-Academic Ski Team by the United State Collegiate Ski Coaches Association (USCS-CA) on Tuesday.

The 22 honorees double the program's previous high of 11 selected during the 2017 season. To qualify, a student-athlete must maintain a 3.50 cumulative grade point average while competing in one of three NCAA ski conferences - the Eastern Intercollegiate Ski Association (EISA), Central Collegiate Ski Association (CCSA) and Rocky Mountain Intercollegiate Ski Association (RMISA).

In 2021, because membership in the three conference spans all divisions in the NCAA and not all institutions competed in winter sports due to the pandemic, the normal requirement of participation in one of three NCAA Regional competitions was waived.

Earning the honor for the Panthers were freshmen Franny MacDonald (North Vancouver, British Columbia), Bridger Harrison (Huntsville, Utah), Dan Harrison (Calgary, Alberta) and Dawson Hill (Calgary, Alberta), sophomores Paige McAfee (North Woodstock), Carmela Olmo (Val D'Aran, Spain), Ava Pavlik (East Burke, Vt.), Paige Petrell (Jamesville, N.Y.), Sierra Price (Franconia) and Liam McKim (Franconia), juniors Rachel Smith (Stowe, Vt.), Katie Townsend (Layton, Utah), Kelvin Cochrane (Calgary, Alberta), Finn Malcolm (Elmore, Vt.), Trevor Maxwell (West Linn, Ore.), Tommy Shantler (Buffalo, N.Y.), Nikos Tziouvas (Thessaloniki, Greece) and Hunter Watson (Ottawa, Ontario), and seniors Gigi Quimby (Pepperell, Mass.), Ander Gonzalez (Pamplona, Spain), Yuri McClure (Hailey, Idaho) and Cooper Yates (Richmond, British Columbia).

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## CADY Corner

### Is marijuana addictive?

BY DEB NARO  
Contributor

Frequent marijuana use can lead to marijuana use disorder, which takes the form of addiction in severe cases. Recent data suggest that 30 percent of those who use marijuana may have some degree of marijuana use disorder. Youth who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder than adults.

Marijuana use disorders are often associated with dependence—in which a person feels withdrawal symptoms when not using the drug. People who frequently use marijuana often report irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort that peak within the first week after quitting and may last up to two weeks. Marijuana dependence occurs when the brain adapts to large amounts of the drug by reducing production of and sensitivity to its own endocannabinoid neurotransmitters.

Marijuana use disorder becomes addiction when one cannot stop using the drug even though it interferes with many aspects of his or her life. Estimates of the number of people addicted to marijuana are controversial, in part because epidemiological studies of substance use often use dependence as a proxy for addiction even though it is possible to be dependent without being addicted. Those studies suggest that 9 percent of people who use marijuana will become dependent on it, rising to about 17 percent in those who start using in their teens.

In 2015, about four million people in the United States met the diagnostic criteria for a marijuana use disorder and 138,000 voluntarily sought treatment for marijuana use.

Marijuana potency has steadily increased over the past few decades. In the early 1990s, the average THC content in confiscated marijuana samples was less than 4 percent. In 2018, it was more than 15 percent. Marijuana concentrates can have much higher levels of THC. Solvent-based products tend to be especially potent, with THC levels documented at an average of about 54-69 percent and reported to exceed 80 percent.

The increasing potency of marijuana, combined with the use of high-THC concentrates, raises concerns that the consequences of marijuana use today could be worse than in the past, particularly among those who are new to marijuana use and in young people, whose brains continue to develop into the mid-twenties. The risks of physical dependence and addiction increase with exposure to high concentrations of THC, and higher doses of THC are more likely to produce anxiety, agitation, paranoia, and psychosis.

For more information about the risks of marijuana, visit our website at [cadyinc.org](http://cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at [info@parcnh.org](mailto:info@parcnh.org) or 238-3555.

## Newfound Landing

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### Taking flight

COURTESY

Ensign Brendan Drew, US Navy, son of Michael and Tracy Drew of Plymouth, is all smiles as he deplanes following his solo flight in the Navy's T-6 "Texan" turboprop trainer. Drew is assigned to the VT-2 "Doerbirds" Squadron and is in his primary phase of training in the Navy Flight School at Whiting Field, in Milton, Fla. His next phase of training will be aerobatics and formation flying. Then this young flier will transition to the Intermediate Phase and finally the Advanced Phase of Naval Pilot Training. Successful culmination of the program will earn Brendan the coveted "wings of gold" signifying a naval aviation officer. Drew's love for aviation and desire to fly started at a young age living in Washington, D.C., where his family were frequent visitors at the National Air & Space Museum. He attended his first Air Show at Eglin AFB, FL as a one year old! This interest in aviation continued and grew through his science and technology classes at Plymouth Elementary School with teacher Julie Sicks-Panus and then through his membership in the NH Civil Air Patrol. Two summers of attending WinnAero's STEM-education ACE Academy camps at Laconia Airport, where he enjoyed orientation flights in various aircraft, reinforced his career plans. Drew received his college degree in Political Science and Military History from Norwich University, Vt., where he also earned his commission in the US Navy through the ROTC Program. For more information about WinnAero, visit [www.winnaero.org](http://www.winnaero.org) and for more information about the Civil Air Patrol, visit <http://nhwg.cap.gov>.



## Sustainable Bristol

### Sustainable masking

BY LAUREN THERIAULT

Isn't spring a welcome reprieve? One thing I'm always shocked by every year, despite knowing it's coming is the garbage emerging from the snow. A new detritus I've been seeing in the snow and mud this year is masks, both disposable and cloth. Are people throwing masks out their windows? Perhaps the masks get put on top of the car while getting in and out and fly off when they drive away? Or maybe masks fall out of people's pockets? Whatever the story

is there sure are a lot of them around and the time of COVID makes it even riskier than it used to be to pick up garbage from the side of the road, meaning the masks continue to line the streets.

I have read varying reports on what to do with disposable masks, some say to throw them in the garbage without touching them, others say you should cut the loops off so if your waste ends up in the ocean sea life won't get caught in the ties. Some people are willing to reuse the disposable ones for a few days, others throw them

out after shorter usage. It all comes down to what is recommended and what you feel safest doing. Fear of spreading a disease is just one threat, the other is what masks are doing to our environment after they're used. Try your best to think about both aspects.

If you are throwing a mask away in public, make sure you use a garbage can that is covered so the masks don't blow away. Never flush a mask down the toilet either. At home be sure to dispose of masks where others won't touch them. One good thing about Bris-

tol is that our garbage is incinerated so at least if the masks end up in a trash can, we don't have to worry about them ending up in the lake or ocean.

Twelve months into the pandemic, you probably also have a stash of cloth masks to go with every outfit. Try applying a sustainable mindset here as well. Buy only the amount you need and buy styles you know are comfortable for you. It makes no sense to buy a 12 pack of masks in a new style only to find out you hate them. Another

SEE SUSTAINABLE PAGE A7

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

### Of ravens and chickadees, and earning a year in camp



COURTESY

There are many photos of ravens, but few (to me) as appealing as this one, which presents the bird as slightly scruffy, which to me it is, with an almost sardonic look. (Courtesy instockphoto)



The etymologist can glean a certain delight in discovering, at best by field experience, that Native Americans developed various regional sound-alike words for the humble chickadee. This photo appeared in a New Hampshire Audubon feature on birds that might be hanging around your suet. (Jeff O'Keeffe, Audubon Photography Awards)

Ravens and chickadees would seem to be on opposite ends of the spectrum, yet they are always among what I first look for, the one most often way up high, and the other flitting from trees to feeders and back.

Because of where I live, on a high place on a ridge, I can see far around, and can often spot ravens as they ride air currents to make travel a little easier. Their timing this early spring makes me wonder if they're coming from the upper Androscoggin watershed. They tend to show up around my place just after midday, and these days, I think, are polishing up their act on the crows, like off-Broadway, getting a good flap going here before they break off and go home to hoof it for the locals.

The chickadees, meanwhile, spend as much time cocking an eye skyward as they do charting a course to the brief danger of the feeders and back. The danger comes in the form



of a fox or fisher or any other carnivore that can steal around the snowbanks and leap up at an unguarded moment, or a hawk cruising through the undergrowth.

+++++

Once grown, the raven seems to know no such fear, perhaps one reason for its penchant for play. I'm lucky to have watched this kind of horseplay, particularly when parents were teaching the kids to fly. If pressed to name a favorite bird, I guess it would be the raven, the chickadee coming in a close second.

A writer I've long admired, Bernd Heinrich, has lived among and studied ravens in the wilds of Maine for many years. He has a camp of often vaguely described by reviewers as "east of the Presidentials," which covers a lot of territory.

SEE NOTEBOOK PAGE A5



## Towns

### Bristol

Al Blakeley  
adblakeley0@gmail.com

The Bristol United Church of Christ welcomes individuals and families to its Holy Week and Easter Services. Regular Sunday Services continue at 10 a.m. via Zoom through April. Call the church office for information/instructions. The church will have two outdoor, in-person opportunities: Palm Sunday Celebration and Blessing of the Palms at 8:30 a.m. on March 28 outside the church, and Easter Sunrise Service at 7am on April 1. Participants will please wear appropriate face coverings and practice social distancing at these services. The church will also host a Maundy Thursday Tenebrae Service (Service of Shadows) with a celebration of Holy Communion via Zoom on April 1 at 7 p.m. Please call the office for information/instructions.

Volunteers are needed for the upcoming TTCC Baseball, Softball and T-ball season. Coaches and Board Members are

also needed for Spring Training and for the regular season.

Newfound Babe Ruth Program Election Voting is open: visit the TTCC Web site to vote: [www.ttcrc.org](http://www.ttcrc.org). For more information, call the TTCC at 744-2713 or email [www.ttcrc.org](mailto:www.ttcrc.org)

Karate Lessons at the TTCC will take place on Wednesdays from 6-7 p.m. for ages five to seven, and at 7:15 - 8:15 p.m. for ages 13 and up. The fee is \$50 per month with the start date pending the enrollment.

The TTCC Summer Camp Registration is now open. There is a \$20 registration fee and an \$85/week tuition. The camps will run from 9 a.m.-4 p.m. daily with limited care before and after for an additional fee. The camp will run for eight weeks from June 28 until Aug. 20. Applications for those interested in working at the TTCC this summer are available now.

Teen nights at the TTCC are under way. High school nights are on Tuesdays, just drop in and hang out with friends. Middle School Nights will be held every Thursday from 6 - 8

p.m. in March and April for a \$20 fee each session (March and April) which includes dinner! All Middle School participants must pre-register and pay ahead (NO fee will be taken at the door!).

Parent's Night Out will be offered two more times: April 10 and May 15 for ages four and up for \$15 per child for the hours of 5 - 10 p.m. All children MUST be pre-registered!

The TTCC will offer an Easter Egg Hunt on Saturday, April 3 at 1 p.m.! The event will be a drive through on North Main Street, just prior to the bus depot. Families will be able to wave to the Easter Bunny and pick up some 'Easter Treats'. Some 'eggs' will contain bonus coupons so you can drive back through for bonus gifts! There will be 4 (four) lucky eggs with a special grand prize message! See the Facebook Page for other games and contests. No registration will be required. Questions and information? Please call 744-2713.

A Granite State Track and Field program is to be held on the Mills Oval at NRHS starting in ear-

ly May for ages nine to 14 by Dec. 31. The fee will be \$25 through registration at [www.ttcrc.org](http://www.ttcrc.org). This program was sponsored by the Hershey Company for 37 years and is now a program of New Hampshire Recreation and Parks Association. More information is available online at [granitestatetrackandfield.weebly.com](http://granitestatetrackandfield.weebly.com) or call the TTCC at 744-2713.

A great way to support your Minot-Sleeper Library is to buy gently used books and movies online! You can view these books and movies for sale at: <https://minotsleeper.libib.com/>. Please be sure to select the different categories on the left side of the page to see all titles available.

Knot Only Knitters meets every Monday from 2:30-4:30 p.m. Join knitters and other fiber arts enthusiasts for a virtual meet-up and conversation every Monday afternoon. All are welcome to take part.

Every Friday at 11 a.m., the library offers a live and interactive story time through Zoom. The Youth Services librarian

will read a story, engage with attendees, and help guide you through a craft that can be picked up at the library in advance of the story time. To attend story time, email [minotsleeperlibrary@gmail.com](mailto:minotsleeperlibrary@gmail.com) for the Zoom event and invite.

### Hebron

Bob Brooks 744-3597  
[hebronnnews@live.com](mailto:hebronnnews@live.com)

Town of Hebron Planning Board

Notice of public hearing on proposed zoning amendments

Monday, March 22 at 7 p.m.

Hebron Town Office, 7 School St.; will also be available on Zoom. Masks and social distancing are requested.

Notice is hereby given that the Hebron Planning Board will hold the first public hearing at the above date, time and place on proposed Zoning Ordinance Amendments that the Board intends to present to the voters of Hebron at the Town Meeting on. Copies of the complete text of the zoning amendments are available in

the Town Hall and with the Town Clerk. A summary of the proposed zoning amendments is as follows:

Amend Article III to change the language to the Newfound Lake, Lake District description; to add Spectacle Pond to the Lake District; Amend Article VI to remove marina as uses allowed in the Lake District; Amendments to the Hebron Small Wind Energy Systems; the adoption of Appendix B to the Hebron Zoning Ordinances for the addition of a Solar Ordinance; Amend the Hebron Zoning Ordinance to adopt the Shoreland Water Quality Protection Act.

Hebron trash pickup update

Starting Monday, March 15 and continuing until further notice due to the weight limit on the roads trash will need to be brought to the Casella truck parked at the Town Shed on the end of Cooper Road. Pickup is Monday from 7 a.m. to noon; please check the town Web site for further notice.

## Churches

### Christian Science Society, Plymouth

The Christian Science Society in Plymouth is now holding services in our church edifice at 7 Emerson St., and we would love to have you join us. Our Sunday morning service is at 10 a.m. On Wednesday evenings, we have a meeting at 6 p.m. which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share gratitude and healing experiences. Everyone is most welcome. In this coming Sunday's Bible lesson the responsive reading begins with "The Lord reigns, let the earth rejoice."

We have a Sunday school for children and young people up to the age of twenty. Currently it is meeting online, and we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4:00 over Zoom.

For services in the church building, we are following state guidelines and so we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all the recommended protocols.

For those who prefer or who are not able to attend in person, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services online, please send an email to [csplymouthzoom@gmail.com](mailto:csplymouthzoom@gmail.com) and request an invitation. We'd love to have you at either the services in the church or on Zoom!

Last Sunday we enjoyed guest soloist Kathy Anderle and this Sunday will have Mary Elisabeth McNamara with us. We are so enjoying our visiting soloists!

On [www.christian-science.com](http://www.christian-science.com) under the heading at the top of the page "Praying about world issues," there is a link to a podcast "Stay Safe" which looks at this topic from a spiritual point of view. There are also to other articles, and other supportive and helpful resources to explore. We hope you'll find support and inspiration from these sources!

### Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our

world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

March 21

A Person Will Worship Something

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Tatum Barnes, Director of Religious Education

These words, "A person will worship something..." come from Unitarian Minister Ralph Waldo Emerson. How would you answer this question, "What do you worship?" On this Sunday we'll explore what this means for us as we seek love, meaning, and purpose together.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)  
536-8908

## Notebook

FROM PAGE4

but which I'd bet is not all that far (as the raven flies) from mine.

Heinrich figured out a way to spend a year in camp while someone else was paying for grub and the like, which is the way to go. His first book, "Bumblebee Economics," led to many more, among them "Ravens in Winter" (1989), and "Mind of the Raven" (1999).

Here is a man who not only successfully bucked the American educational system but also pushed his physical abilities to the limit, first in marathons and then in endurance running. His book "Why We Run" gets into both the psychology and physiology of running, the former being, in my book, much the more difficult. The last time I checked, he was still running, competitively, at 81.

In trying to describe the running down of game, which in some cultures is still going on and in my younger years was still part of the culture here, various papers focus on strategies for use

and conservation of energy.

During their brief time as perhaps the freest colonists on the continent, the mountain men described the Indian strategy for running down prey (animal or human), which basically consisted of running in teams and by turns putting on bursts of speed, the whole business coming down, on average, to a steady fast trot or jogging pace, thus wearing out their quarry.

Heinrich, who looks like a tall guy with a lot of leg, was built to run, unlike me. Sure, I ran for years, but even in competition never managed much better than seven-minute miles. In my mind, centuries ago, at the mercy of my French-Irish genes, I'm laboring away in some peat-bog, cutting fireplace turf for the gentry.

+++++

Ravens are scavengers par excellence, and like all raptors can spot and probably smell food from on high. Research and peer review are still underway on the smelling part.

In the woods I was

taught to go quietly, never with conversation should anyone else be along, and always with pre-selection of footfall unless in travel mode. Clicks of the tongue in such circumstances suffice for communication. In this way, on a soft day for traveling, you can see and hear much you'd otherwise miss.

More than once, I've been stopped in mid-step by the "whoosh-whoosh" of wingbeats, and looked up just in time to see a raven coming along the treetops. On the most memorable of these moments, on a rain-soaked and super-soft day in a small hole in the softwoods, with no wind, the bird looked down and said "grouark!" in that gargling way, as in "What the hell are YOU doing here?", and flapped on.

Chickadees, meanwhile, followed along for most of the way, in teams, no doubt, each according to its home.

(Please address mail, with phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)

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## Edward Jones: Financial Focus

### Financial checklist for new(er) parents

If you're a brand-new parent, or even if you've been one for a little while, you're no doubt filled with the many joys your child brings you. But as caught up as you are with the feelings and experiences of today, you also need to think about the future – specifically, the financial issues that accompany a growing family. What are some of the key moves you need to make? Here's "checklist" to consider:

**Establish a budget.** If you're going to meet the additional expenses of a child, plus make progress toward other objectives, such as paying down debts, you'll need to know where your money is going. Setting a budget, and sticking to it, may seem difficult, but once you've gotten into the habit, it will become easier – and for many people, following a budget actually gives them more of a sense of control over their finances. Over time, expenses related to your children will change, so you'll need to adjust your

budget accordingly – for example, once a child is in school full-time, childcare expenses may drop, which could allow you to boost your savings.

**Protect against the unexpected.** If something were to happen to you, how would your child, or children, be affected? Even a family with two working parents can face serious financial difficulties if one of the parents were to die prematurely, or even just drop out of the workforce temporarily due to illness or injury. To help ensure your family could still stay in your home and your children could still afford to pursue higher education, you'll want to create an appropriate protection strategy involving both life and disability insurance. Your employer may offer both, but the coverage provided may not be sufficient for your needs, so you may need to purchase your own policies. And here's another protection-related idea: Try to build an emergency fund

containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. Without such a fund, you might have to tap into your longer-term investments to pay unexpected costs, such as a major car repair.

**Prepare for high cost of higher education.** You may already be thinking about sending your child to college. And it is indeed a good idea to start planning early because college is expensive, and it's getting more so every year. However, you can prepare for these expenses through a college-savings vehicle, such as a 529 plan. A financial professional can help you pick the investment, or investment strategy, that's appropriate for your needs. But whatever route you decide to follow, you won't want to wait

until your child is close to college age.

**Keep long-term goals in mind.** Even while planning for the costs associated with raising a child, including saving for college, you can't forget your other long-term goals. It isn't selfish to build resources for your own retirement – in fact, you'll ultimately be helping your family greatly by taking steps to maintain your financial independence throughout your life. So, during your working years, try to consistently contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Having a child is obviously a life-changing event, and one with considerable financial challenges – but they can be manageable if you make the right moves at the right times.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith, NH 03253  
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[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Edward Jones, Member SIPC  
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



# PSU men’s hockey shut out for first time in a year

NORTHFIELD, Vt. — For the first time in more than a year the Plymouth State University men’s ice hockey team was held scoreless, falling to Norwich University, 2-0, in a game at Kreitzberg Arena on Saturday evening.

The Cadets worked a power play goal for a 1-0 lead in the first, then added a score in the second period. PSU battled late but was unable to get the puck by the Norwich goalie.

PSU’s last shutout loss came on Nov. 30, 2019 to nationally-ranked Oswego - a span of 23 games.

The Panthers drop to 2-3-0, while Norwich (4-0-0) remains perfect on the season.

Norwich came out strong, doubling the Panthers in shots on goal in the opening period (13-6). The Cadets took advantage of a power play opportunity to go ahead just under seven minutes into the first.

PSU had a pair of power play chances in the second period but were unable to capitalize. The Cadets, riding the momentum of the penalty kill, doubled the lead just nine seconds after the man advantage ended to push the lead to 2-0.

Plymouth State had two other power play chances and an additional 31 seconds with an extra skater but was unable break through.

Freshman Kalle Andersson (Taby, Sweden) was impressive between the pipes with his 33-

save effort but took the loss to fall to 1-2-0.

Shots on goal were nearly even after the first period. The Cadets held a 35-27 advantage for the game.

Plymouth State finished the night 0-of-4 on the power play, while Norwich scored on its lone chance.

PSU falls to 0-5-0 all-time against the Cadets, with four of those games being played in Vermont (the final was a neutral site game). The last meeting came on March 15, 2015.

Andersson matched his career-high with 33 saves, but for the second straight day Plymouth State University fell to Norwich University, 2-0, in a non-conference men’s ice hockey game at Kreitzberg Arena on Sunday afternoon.

The teams played scoreless hockey for more than two periods before Norwich was able to break through. PSU had a shot nick the post minutes later before the Cadets added an insurance marker with 3:15 left to play.

With the setback Plymouth State dips to 2-4-0, while the Cadets improve to 5-0-0.

PSU had a great opportunity in the opening period when the Panthers went on an extended power play following a major penalty. Plymouth State fired five shots but were unable to find the back of the net.

After more than 46 minutes of scoreless action the Cadets broke

the ice 6:29 into the third period. Plymouth State had just killed off a penalty, but Norwich took the lead before the skater could get back in the play when a cross-ice pass found an open Cadet on the weakside for a one-timer.

PSU nearly tied the game minutes later but senior Brandon Barillaro’s (Alexandria, Ontario) rebound attempt from his knees hit the far post and sophomore Myles Abbate’s (Norwell, Mass.) follow up drive at the empty net was blocked.

Norwich got some breathing room with a power play goal with 3:15 left in the contest and the Panthers were unable to rally.

Andersson equaled his career high with 33 saves - the exact total from last night’s contest.

Norwich held a 35-30 edge in shots on goal, while PSU blocked 16 shot attempts.

The Panthers were 0-of-2 on the power play, while Norwich scored once in five tries.

The two teams nearly split 67 faceoffs. PSU won 33, while Norwich controlled 34.

Plymouth State wraps up the shortened season with a final series against Anna Maria this week. The AMCATS come to town on Thursday, March 18, for a 5 p.m. contest, before PSU heads to Massachusetts on Saturday, March 20, at 5:40 p.m.

## Panther laxers beat Castleton in opener

CASTLETON, Vt. — Playing for the first time in a year and three days, junior Riley Roy (Laconia) and sophomore Mike Fleury (Lebanon) tallied five points apiece to lift Plymouth State University to an 8-5 win over Castleton University in a non-conference men’s lacrosse game at Dave Wolk Stadium on Wednesday afternoon.

After falling behind 1-0, the Panthers scored six straight goals to take control. Castleton scored twice late in the third quarter to pull to within three, 6-3, but PSU notched a pair of goals in the fourth quarter and held on for the win.

Roy led the way with four goals and an assist, while Fleury tallied a pair of goals to go with three helpers.

Plymouth State opens the season with a win (1-0), while the Spartans (0-1) drop their home opener.

The hosts kicked off the scoring 5:43 into the game and the lone goal stood for most of the frame until Fleury’s tally with 33 seconds remaining in the quarter evened the game at 1-1.

PSU tallied the only two scores of the second period as freshman Miles Franey (Amesbury, Mass.) picked up his first career score and Fleury struck again.

Plymouth State extended the lead over the first five minutes of the third quarter behind three straight goals from Roy, including one on a man-up situation, as the Panthers pulled ahead 6-1.

Castleton added back-to-back goals just 33 seconds apart to cut the margin to 6-3 after three.

Roy notched his fourth of the game 5:15 into the final stanza, and freshman Ryan Hanlon (Hull, Mass.) added his first collegiate goal to restore the five-goal lead, 8-3.

The Spartans were able to add a pair of scores but were unable to make up the margin over the final nine minutes.

Freshman Jack Bonazzoli (Clinton, Mass.) led the Panthers with seven ground balls,

while classmate Marc Hirshom (East Walpole, Mass.) scooped up six.

Senior Blake Barbin (Rochester) paced the team with five caused turnovers, as classmate Robert Porter (Grove-

land, Mass.) made 15 saves to earn the win.

Castleton held a 37-30 lead in shots, while PSU won the ground ball battle 32-26.

PSU improves to 11-3 all-time against the Spartans.

Plymouth State is off for more than three weeks before opening Little East Conference play at Eastern Connecticut State on April 3.

## Svetin paces Panthers, sets record in win

PLYMOUTH — Junior Madelin Svetin (Topsham, Maine) won three individual events and unofficially set a school and pool record in the opening leg of the 200-yard medley relay to help guide the Plymouth State University women’s swim team to a 134-108 win over Western New England University in a virtual Little East Conference (LEC) dual meet at the PSU Natatorium on Saturday.

PSU had been set to compete against the Golden Bears last month, but the meet was rescheduled and held virtually due to COVID-related travel restrictions.

Svetin was the winner in all three of her individual events and unofficially topped the standing school and pool records for the 50-yard backstroke to open the 200-yard medley relay. The mark is considered unofficial because no swimming officials were present to monitor the meet.

Senior Cammie Turell (Bowie, Md.) and junior Ellie Wilson (Darnestown, Md.) also had strong days in the pool, winning two individual events each.

Plymouth State improves to 2-1 (2-1 LEC), while WNEU drops to 0-3 (0-3 LEC).

Svetin opened the meet with her record-setting performance to kick off the team’s win in the 200-yard medley relay. Her split time of 28.46 was 0.02 seconds better than her own school record set last year, and 1.27 seconds faster than the official pool record established in 2012.

Turell and juniors Hannah Bradshaw (Traverse City, Mich.) and Jasmine Santiago (Leominster, Mass.) rounded out the relay team that finished in 2:05.11.

Svetin added wins in the 50-yard backstroke (28.90), 100-yard backstroke (1:02.62) and 100-yard IM (1:08.09).

Turell cruised to the win in the 50-yard freestyle (26.98), before adding a victory in the 50-yard butterfly in 28.41.

Wilson was dominant in the 200-yard IM. Her 2:35.25 was almost 13

seconds faster than her closest competition. Her performance in the 500-yard freestyle was even more impressive, posting a time of 6:18.98 to win by nearly 20 seconds.

Santiago took the 100-yard freestyle in 1:04.55, while sophomore MacKenzie Brady (Rochester) won the 200-yard freestyle in 2:20.82.

PSU also picked up the win in the 200-yard freestyle relay as Turell, Bradshaw, Santiago and Brady teamed up for a 1:59.35.

Plymouth State closes out its season next Saturday, March 20, when the Panthers host Little East Conference (LEC) foe Eastern Connecticut State in a virtual meet. PSU will celebrate Senior Day prior to the meet.

The Plymouth State University men’s swimming team had several strong performances in a virtual exhibition meet at the PSU Natatorium on Saturday morning.

The Panthers (men and women) had been set to compete against Western New England University last month, with the men swimming exhibition as WNEU does not sponsor men’s swimming. The meet was rescheduled and held virtually due to travel restrictions.

Junior Ryan Kudish (North Providence, R.I.) cruised through the 200-yard freestyle in 2:09.60, while posting a time of 55.56 in the 100-yard freestyle.

Sophomore Matt Canfield (Bethel, Conn.) just outswam Kudish in the 100-free with a winning time of 52.92.

Freshman Thomas Steinberg (Melrose, Mass.) posted the top time in the 50-yard freestyle, touching the wall in 27.50, followed closely by junior Noah Albion (Dover), who finished in 28.72.

Steinberg also posted a time of 1:11.00 in the 100-yard IM.

PSU closes out its inaugural season with another virtual meet next Saturday, March 20, against Eastern Connecticut State.

### TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 11, 2021 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 24 and Friday, April 2, 2021 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, April 2. Positions to be filed for are:

- Selectman: three-year term
- Tax Collector: three-year term
- Town Clerk: three-year term
- Library Trustee: three-year term
- Trustee of Trust Funds: three-year term
- Supervisor of the Checklist: one-year term
- Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenberg, Town Clerk  
Office Location: 7 School Street, Hebron  
Office Hours: Tuesdays 3:00-8:00 PM,  
Saturdays 8:30-11:00 AM  
(603) 744-7999 or clerk@hebronnh.org

### Sports

FROM PAGE A1

try to grab Zeke’s (her partner’s) hand and lead him to the basket, as it helps him out a lot. It helps him know what to do and when to shoot at the basket, but with COVID I can’t really touch him. It’s difficult with the players to remind them to keep on their masks. When we

are traveling to different schools it makes it even more dangerous to stay safe, because we don’t know what their restrictions are. But we are doing a good job of staying healthy overall, as we haven’t had any cancellations during our season.”

Playing a unified sport is a very rewarding experience for many young athletes to partake

in. For Ivers, doing so has brought her happiness and satisfaction. “It brings a lot of joy to my life. Seeing how happy they get when they make a basket and helping them reach their goals really impacts my life in a positive way. Of course, you have to have more patience. With a normal sport, you can do and say as you please, but with a unified sport you have to be cautious. It’s a similar environment to helping out younger kids with an activity. You have to be cautious of what you say and how you act, because it has a bigger impact on them than it seems. It is very rewarding to see what they get out of being on the team and playing a part in giving them that experience

is truly incredible.”

To conclude the interview, we asked Ivers if she would recommend participating in unified sports to her peers. “I think that it is just such a rewarding experience to be able to see the kids reach their goals. I highly recommend participating to anyone who is interested, they will definitely enjoy it.” In the future, Ivers plans on going into criminal justice, but hopes to be able to continue working with those with special needs.

Ending the trilogy on winter athletics during the pandemic, the next three articles will zero in on the logistics behind running spring athletics this year, including track and field, baseball, and softball.

### SUPERVISORS OF THE CHECKLIST MEETING

Town of Hebron  
MARCH 23, 2021 7 pm to 7:30 pm  
Town Office at 7 School Street  
This is a chance to register as a new voter, and/or make changes.



PACC

FROM PAGE A1

beverages.

“We don’t want anything to go to waste. If we have it, we want people to get it,” said Jordan.

Thanks to those goodwill efforts the pantry also offers spices and other cooking or baking items for the families they serve; even personal hygiene products along with dog and cat food are on hand from time to time.

In addition to the food boxes they dispense each week, Miller said they also offer gift cards to Hannaford’s Market, in amounts that can vary, so families can pick up additional food supplies they need.

She added that families can call ahead at 536-9889 for weekly pick-ups or special requests, such as food for larger families or any other dietary needs. The items are then packaged and made available each Tuesday and Thursday from 8-10 a.m.

“Drop-ins are also welcomed, and new now this year, is that people can come as often as necessary each week,” said Jordan.

The women said donations to the Food Depot are always welcomed and people are encouraged to mail a check in any amount to 5 S. Main St., Plymouth, N.H. 03264

to help them purchase specialty items such as spices, children’s snacks or other needs.

Located beside the Food Depot is PACC’s fuel and financial assistance office, which assists people in hard times, providing them with funds for heating costs during the long winter months.

Serving so many communities, their mission can be challenging at times, but generous donations and fundraisers help keep their coffers full.

In the past, a major source of those funds has come through the annual Keep the Heat On buffet dinner and auction. The event each year has showcased area restaurants while donations through both the silent and live auctions from local businesses and artists raised as much as \$50,000 for their fuel assistance program.

The health pandemic changed all of that in 2021 though, and the Keep the Heat On fundraiser this year became a virtual event. Their “Un-Event,” as they called it, was broadcast Jan. 13 on Facebook and YouTube to raise as much money as they could for their cause. One of the PACC organizers, Martha Richards, said participants paid \$45 each for the event, which was broadcast courtesy of Squam Lakes Natural

Science Center. As always, all proceeds benefited the PACC fuel assistance program.

“Despite it all, we sold approximately 245 tickets to the event this year and raised about \$12,000,” she said. “Our fuel assistance fund is in great shape right now.”

What puzzles Richards however is the low number of people re-

questing assistance in a time when she felt more help would be struggling due to the pandemic.

“We really want to help people who need it. We’re not seeing the numbers we expected, though, even though we know people out there are struggling,” said Richardson. “We want them to know there are no forms, no questions.

We only ask what town you are from. If you need help with your heat, please contact us.”

Towns served by the PACC fuel assistance program are Alexandria, Ashland, Bridgewater, Campton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Plymouth, Rumney, Thornton, Warren, Waterville Valley and Wentworth.

Unlike years past, fuel assistance is now being done only over the phone. PACC members are available to answer calls for assistance from 9 a.m. until noon on Tuesdays and Thursdays; messages left outside of those hours will be returned on their next date of operations. The number to reach them at is 536-1101.

Bears

FROM PAGE A1

“We outplayed them every quarter but the second,” said Newfound coach Kammi Williams. “We fell apart in the second quarter.”

The first quarter was a bit slow on the offensive side for both teams, as the defenses battened down the hatches. Tiffany Doan got the first hoop of the game almost two and a half minutes in and Fall Mountain answered with their own basket.

Malina Bohlmann hit a free throw to give Newfound a 3-2 lead but the Wildcats got the final basket of the first quarter and took the 4-3 lead after one quarter of play.

Fall Mountain came out and hit a three-pointer and a field goal to open the lead up to 8-3 before Bohlmann hit a hoop to cut the lead to three. The Wildcats got another three-pointer to push the lead to three, but Paulina Huckins answered with a hoop for Newfound to make it 11-7.

From there, the Wildcats went on a 12-0 run, hitting three field goals and a pair of three-pointers to turn the four-point lead into a 16-point advantage at 23-7. Bailey Fairbank ended the Fall Mountain run with a hoop, but the Wildcats got the last basket of the quarter and took the 25-9 lead to the halftime break.

The Wildcats scored the first basket of the second half, but it ended up being their only field goal of the quarter. Fairbank followed up the first hoop with a free throw and Huckins put back a rebound. Fall Mountain hit two free throws, but the Bears got the final two baskets of the quarter; with Huckins and Doan each hitting hoops and the Newfound girls had the lead cut to 29-16 heading to the final eight minutes.

The Bears came out in the fourth quarter with the first two baskets, both coming on rebounds and putbacks from MollyLu McKellar; cutting the lead to 29-20.

Fall Mountain responded with a three-pointer but Huckins came back with a hoop for Newfound. The Wildcats hit another three-pointer, but Fairbank drained a three-pointer at the other end of the court to keep the Bears within 10 points.

After a Fall Mountain free throw, Huckins also hit a free throw for the Bears. Newfound was forced to foul to get the ball back and the Wildcats drained four free throws to push the lead to 40-26.

Fairbank finished out the scoring with a hoop for Newfound and the Wildcats had the 40-28 win.

“We played even in the first, outplayed them in the second and even in the fourth,” said Williams. “We just got smoked in the third.”

Williams noted that she changed up the defense at halftime and she was happy to see the team battle back from the large deficit.

“We hadn’t been chal-

lenged like that all year,” the Bear coach continued. “We adjusted to the grind in the second half.

“I know we had what it took, but in the second quarter we just melted down a little,” Williams continued. “Their big scorers didn’t beat us, it was their role players.

“I’m proud of the kids,” she added.

Huckins finished with nine points to lead the Bears while Fairbank added eight in her final game in the green and white.

NRHS 3-6-7-12-28  
FMRHS 4-21-4-10-40

Newfound 28  
McKellar 2-0-4, Fairbank 3-1-8, Bohlmann 1-1-3, Doan 2-0-4, Huckins 4-1-9, Totals 12-3-28

Fall Mountain 40  
Beauregard 1-0-3, Brady 5-0-10, Bardis 2-1-7, Grillone 3-3-12, Stewart 2-3-7, Totals 13-7-40

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Voluntering

FROM PAGE A1

had a personal experience with someone who has benefited from all that hospice offers and have a strong desire to give back to other families in their community.

Hospice volunteers help our families in a variety of ways: reading to patients, writing letters for them, relieving family caregivers, light housekeeping, helping with outside chores, walking the dog or cooking meals. No amount of time is too small; some volunteers give one or two hours per week, some give one or two hours per month.

When asked what motivated you to become a hospice volunteer? J.W. answered: “When it became obvious my father was in the final months of his battle with cancer, we knew we would need the help of hospice. The respectful care, compassion and dignity that hospice provided for my father was amazing. They laughed with him, listened to his concerns and made sure he felt as comfortable as possible. Most importantly, they valued him as a person and ensured that his transition was as he would want it. Not only did they care for him, but they helped me make peace with what was happening, and provided me with as much information as I wanted as to

what to expect in the process. I had never realized how much hospice does to support a person and their family, and I was incredibly humbled by it. I knew that when I felt ready, I wanted to offer whatever help I could to support families who are going through this.”

Our free training is done remotely via Zoom. Participants meet two hours a week on Tuesday afternoons from 2-4pm or 4-6pm depending on the participants’ schedules. The five-week training is led by Alyx Balkwell, PBCH Hospice Volunteer Coordinator. Think you might be interested? Contact Alyx by calling or emailing PBCH for more information.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.


PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us, please call 536-2232 or email: info@pbhha.org Visit our Web site, www.pbhha.org and like our Facebook Page: @PBCH4.

Sustainable

FROM PAGE A4

hard pill to swallow is that if a package of masks is very cheap it means someone was not well compensated for the time they spent making the masks. If it’s within your means, consider spending a little extra on quality made masks created by well compensated workers. Who knows, maybe a more expensive mask will mean you try your best not to lose it, so it won’t end up on the side of the road.

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# Killisch, Ross, Borbridge score in women’s hockey setbacks at Norwich

NORTHFIELD, Vt. — Junior Zoe Killisch (Vienna, Austria) and sophomore Chantelle Ross (Ottawa, Ontario) each found the back of the net, but Plymouth State University dropped a non-conference women’s ice hockey game to Norwich University, 6-2, at Kreitzberg Arena on Friday evening.

Norwich got out to a quick start, scoring twice in the first nine minutes and going up 3-0 early in the second period, but the Panthers clawed back with consecutive goals midway through the stanza to pull within one, 3-2. The hosts took advantage of a power play opportunity late in the period before scoring twice more to put the game out of reach.

Plymouth State slips

to 2-2-1, while the Cadets win their fourth straight to improve to 4-1-0.

Norwich opened the scoring with a tally 7:16 into the first period, then doubled the lead just less than two minutes later to take the early advantage.

Despite the deficit, PSU’s defense limited the Cadets to just seven shots on goal in the frame, below the team’s average of 11.

The hosts extended the lead just 31 seconds into the middle stanza, but Plymouth State stormed back.

Killisch put the Panthers on the board with her team-leading third goal of the year at the 7:19 mark, and just over a minute later Ross closed the gap to 3-2.

Norwich turned up the offensive pressure

from there, firing 14 shots through the remainder of the period to tack on another pair of goals.

The Cadets put the game away in the third period.

Norwich peppered the PSU goalies with 50 shots, while the Panthers fired off nine.

PSU went 0-for-1 on the power play, while the hosts were 1-of-3.

Sophomore Meghan Hamilton (Walpole, Mass.) and juniors Siri Brett (Wenatchee, Wash.) and Georgia McLellan (Kamloops, British Columbia) picked up assists for the Panthers.

Killisch (three goals, two assists) and Brett (one goal, four assists) share the team-lead with five points apiece.

Junior Olivia Petito (St. Augustine, Fla.) and

freshman Amelia Julian (Apple Valley, Minn.) split time between the pipes. Petito (1-1-1) made 25 saves over the first 37:15, while Julian turned aside 19 in the final 22:45.

Freshman Isabella Borbridge (Calgary, Alberta) scored her first collegiate goal, but for the second straight day Plymouth State University came out on the short end of a women’s ice hockey game against Norwich University, falling 6-1 at Kreitzberg Arena on Saturday afternoon.

Norwich jumped out to a two-goal lead in the opening period, then added a third score before Borbridge broke the ice for the Panthers. That would be the lone PSU score, though, as the Cadets added three

unanswered tallies to close out the game.

With the setback, Plymouth State drops to 2-3-1, while the Cadets move to 5-1-0.

The Cadets took advantage of a penalty to get on the board at the 12:50 mark, before doubling the lead in the final minute for a 2-0 advantage heading into the first intermission.

The hosts added a third goal just over two minutes into the second.

Borbridge lit the lamp for the first time with 7:28 left in the middle period, but Norwich answered with 50 seconds left on the clock to push the deficit to 4-1 heading into the final 20 minutes.

Norwich added a pair of goals in the third period to close out the scoring.

Sophomore Addie

Swanson (Anchorage, Alaska) went 12-4 on the faceoff to help Plymouth State win 23-of-40.

Julian made 21 saves but dropped to 1-2-0.

PSU put 20 shots on goal to the Cadets’ 27. The Panthers blocked 10 shots, include three each by junior Brett (Wash.) and Carsen Moffett (Kamloops, British Columbia).

Norwich finished the day 1-of-2 on the power play, while the Panthers were held scoreless in four chances.

The Panthers close out the season next weekend with a home-and-home series against Castleton. Plymouth State hosts the Spartans on Friday, March 19, at 4 p.m. before heading to Vermont on Saturday, March 20, for a 1 p.m. contest.

## Winter Outdoor Recreation Speaker Series continues with “The Trails That Connect Us”

HOLDERNES — With just a mountain range separating us, the Squam Lakes Association (SLA) and Waterville Valley Athletic & Improvement Association (WVAIA) share a common vision of connecting folks to the outdoors by creating & maintaining trails. Join us via Zoom on Wednesday, March 24 at 6 p.m. for the final presentation of the Winter Outdoor

Recreation Speaker series.

If you have enjoyed hiking, biking, snowshoeing, and skiing in Waterville Valley or the Squam Lakes Watershed then there is a high probability that you were on a SLA, WVAIA, or USFS maintained trail! A trail is much more than what meets the eye: Learn what goes into creating & maintaining trails, about new trails

coming to the area, and how you can become a trail steward. Hear from John Marunowski, Volunteer and Partner Coordinator/Recreation Specialist for Trails and Wilderness at the Forest Service and Katri Gurney, Director of Trails and Access at the Squam Lakes Association. John will discuss the White Mountain National Forests multiple use management directives, the

pressures on recreation resources, the current programs they have in place, and about their partners and volunteers. From Katri learn about the SLA trail network, recent trail building projects, impact of trails on ecosystems, trail maintenance 101, and SLA volunteer trail opportunities.

About the speakers

Katri Gurney (she/her/hers) is the Director of Trails & Access at the SLA, where she has worked since 2016. Katri grew up in Arlington, Virginia and spent two weeks every summer enjoying the beauty of the Squam region with her family. She holds a BA in Government from Colby College. Prior to coming to SLA she worked in Washington, D.C., holding positions at Habitat for Humanity International and the Atlas

Project. She began her time at SLA as a Squam Conservation Intern and managed the internship program the following year. She created the foundation for the Lakes Region Conservation Corps AmeriCorps program and managed the first year of the LRCC program. Her enthusiasm for hiking and trail running led her to pursue trailwork trainings and work closely with her predecessor, Brett Durham. In 2018 she settled into her position as Director of Trails and Access. She also serves on the Thornton Conservation Commission and the Pemigewasset River Local Advisory Committee. When away from SLA’s campus she is found running, hiking, xc skiing, reading, cooking, gardening, playing games, playing trombone, doing crosswords,

doing yoga, or sugaring!

John Marunowski graduated from The Ohio State University with a bachelor in Natural Resources with a focus on Parks and Recreation Management. He started his public land management career as a backcountry ranger volunteer in Olympic National Park. He has worked in several National parks and National Forest across the western US serving in various roles from law enforcement park ranger to recreation technician and fire prevention technician. John has worked on the WMNF now for 17 years both as a Wilderness Manager and Recreation Specialist serving on the Pemigewasset Ranger District. He is currently acting as the forest Volunteer and Partnership Coordinator.

## NH LAKES announces new slate of board officers

REGION — NH LAKES recently voted on a new slate of board officers to carry out the organization’s mission of working for clean and healthy lakes.

Incoming NH LAKES Board Chair, Bruce Freeman, has served on the board since 2017. Bruce is a retired business executive. His career began at GE in manufacturing management and executive roles, eventually serving as General Manager of the GE Meter business headquartered in Somersworth, New Hampshire, and as president of two GE Capital companies.

Bruce greatly enjoys being part of the NH LAKES community and has strong interests in protecting our beautiful lakes for current and future generations. Bruce and his wife reside year-round on Bow Lake in Strafford.

In the words of Stu Lord, outgoing NH LAKES Board Chair, “Bruce has extensive experience in organizational assessment and management and has helped us position NH LAKES to achieve its current and future successes. I am confident he will do a great job for NH LAKES and I look forward to working with him in the last year of my term.”

Stu Lord joined the NH LAKES Board in 2013. In 2017, Stu stepped up to serve as board chair and, now, going into his ninth and final year of board service, he has stepped down as board chair to mentor his replacement, Bruce Freeman.

Tom O’Brien, NH LAKES President, commented, “Perhaps the best thing a leader can do is to find and prepare their replacement. Stu has done just that. Fortunately for us, his work is not yet done.”

Added to the slate of officers this year is Bob Reed, as treasurer. He will also serve as chair of the finance committee—a committee he has served on for the past two years. Reed has an MBA and a lengthy international corporate career, some of it in accounting. He retired to New Hampshire with his wife, Cathy, and they have a home along Bow Lake in Strafford. He is passionate about preservation of New Hampshire’s waters and natural resources. Reed will continue, and build upon, the good work that has been done by his predecessors to create financial integrity and stability at NH LAKES.

To learn about the talented individuals serving on the NH LAKES Board of Directors, visit [nhlakes.org/board-staff](http://nhlakes.org/board-staff). If you are interested in serving, please contact Tom O’Brien, NH LAKES President, at [tobrien@nhlakes.org](mailto:tobrien@nhlakes.org) or 226-0299.

Established in 1992, the mission of NH LAKES, a statewide, member supported nonprofit organization, is to ensure that New Hampshire’s 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires the public to care for our lakes. For more information, visit [nhlakes.org](http://nhlakes.org), email [info@nhlakes.org](mailto:info@nhlakes.org), or call 226-0299.

# SUDOKU

	6			9		5		
		3			2			6
2							9	
1								2
		8	6					
			4				7	
			1		4	3		
	8						5	1
			7		3			4

Level: Intermediate

**Here's How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	4		2	2	3	8	7	
1	9	7	3	8	5	1	9	6
3	8	4	2	6	9	7	5	1
7	2	6	1	5	4	3	8	9
6	3	2	4	1	5	9	7	8
9	4	8	6	2	7	1	3	5
1	7	5	9	3	8	6	4	2
2	5	1	3	4	6	8	9	7
8	9	3	5	7	2	4	1	6
4	6	7	8	9	1	5	2	3

ANSWER:



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	239 King Rd.	Residential Open Land	\$10,000	Karen Demers	Brian Goodwin
Ashalnd	N. Ashland Road	N/A	\$34,933	Christine Kearney Minor Trust and Margaret Kearney	Scott Bishop
Ashland	River Road	N/A	\$125,000	Michael E. Latulippe	William S. and Joan B. Poitras
Bridgewater	N/A (Lot 1)	N/A	\$135,000	Kathy Carnahan	Ryan E. o'Neill
Bristol	Jonelle Drive	N/A	\$76,000	Daniel J. Schweitzer	Daniel L. and Helen J. Holmes
Bristol	1 Howard Rd.	N/A	\$382,000	Richard Murray Flanagan Trust and Joshua E. Latham	Rachel M. Laufersteller
Bristol	5 Pikes Point Rd.	Single-Family Residence	\$680,000	Laura A. Hill RET and David L. Hill	StGermain Mackay Fiscal Trust and William J. StGermain
Campton	768 Bog Rd.	Single-Family Residence	\$340,000	Sally P. Sheffield RET	Donald F. Lester RET
Campton	76 David Thompson Dr.	Single-Family Residence	\$276,000	Alexander R. and Michelle M. Flynn	Geoffrey Borggaard
Campton	Route 49	N/A	\$90,000	Donald R. and Eileen M. Arpin	Marilyn and Thomas Shaughnessy
Campton	Sugarbush Drive (Lot)	Residential Open Land	\$45,000	Dorothy M. Anderson Trust	Colleen B. and Steve J. Pepin
Campton	30 Weetamoo Trail	Single-Family Residence	\$415,000	Nancy J. O'Connor	S&S VanRealten Fiscal Trust
Campton	N/A	N/A	\$17,533	Culver RT and Edward A. Culver	Scott and Michele L. Kitograd
Campton	N/A	N/A	\$367,533	Mickey & Dorseys LLC	Joshua and Brindey Marine
Campton	N/A	N/A	\$20,533	Eugene J. Frye and Riva Hannah-Frye	Natalie and Harry Kouyoumjian
Dorchester	River Road	N/A	\$60,000	Roberta L. Blackler	Charles P. Jacobs
Ellsworth	Rumney Ellsworth Road	N/A	\$55,000	James M. Salemi	Russell and Teryl Ux
Groton	14 Katherine Lane	Single-Family Residence	\$42,000	Thomas J. and Elaine M. Derigo	Joseph D. and Maureen Snook
Groton	82 Giovanna Rd.	Single-Family Residence	\$289,000	Kyle E. and Darlene J. Andrews	Adam Untiet and Heather Long
Groton	N/A	N/A	\$25,000	Susan E. Hannett	Jeffrey S. Ayers and Ronda J. Sharp
Hebron	476 W. Shore Rd.	Single-Family Residence	\$141,000	Danielle and David E. Bailey	David E. Bailey
Holderness	NH Route 113	Acc. Land Imp.	\$1,900,000		George T. Butler and Desmond Oates-Butler
Holderness	Perch Pond Road	N/A	\$170,000	Carol D. Smith and Gary L. Johonnett	Quack Enterprise LLC
New Hampton	306 Huckleberry Rd.	Single-Family Residence	\$259,933	Thomas W. Ryder	Breana R. Beck
New Hampton	1236 Winona Rd.	Single-Family Residence	\$255,000	Richard & A. Sampson RET	Louis and Brenda Nyecki
New Hampton	Route 104	N/A	\$140,000	V&R Development LLC	Burton A. Comfort
New Hampton	108 W. Shore Rd.	Single-Family Residence	\$325,000	Robert J. and Kathy B. Willis	Douglas G. and Sally A. Nolet
Plymouth	Cummings Hill Road	N/A	\$98,000	Matthew R. and Nadia Bonner	Patricia L. and Thomas V. Wengler
Plymouth	23 High St.	Commercial Building	\$195,000	Dana Paul Albert RET	Andrew R. Smith and Reid Q. Shostak
Rumney	US Route 25	N/A	\$225,000	Randy E. and Sheryl L. Montague	Donald A. Dumont
Thornton	Covered Bridge Road	N/A	\$23,000	Rosemary Foster	Michael W. Lofgren and Elizabeth C. Townsend
Thornton	N/A	N/A	\$15,000	Kevin and Anne Brayton	David Sanborn
Thornton	N/A (Lot 2)	N/A	\$42,933	Mills Fiscal Trust and Theresa Y. Mills	Ming-Lun Tung and Erin Troy
Thornton	N/A (Lot 77)	N/A	\$10,000	Bruce K. Pearson Estate and Christine L. Pearson Workshop Buddy RET and Jeremy Davia	Michael J. Melillo and Elena Dmitryevna-Savhenko
Thornton	Covered Bridge Road	N/A	\$38,933	David D. and Maureen P. Wade	Kevin Dorsey
Thornton	N/A (Lot 9)	N/A	\$180,000	Fraser Fiscal Trust and Robert Fraser	Philip and Kathryn Holland
Thornton	N/A (Lot 5)	N/A	\$32,000	Mary B. and Kathryn Cordeiro	Dana R. and Devon H. Landis
Warren	74 Lake Tarleton Rd.	Single-Family Residence	\$280,000	Walter J. and Megan Rebele	Benjamin S. Anderson
Warren	Oak Hill Road	N/A	\$55,000	Sandra L. Burnham	Ralph A. Morin and Christine Gustafson
Warren	Gould Hill Road	N/A	\$39,000	Stephen R. Rounds Fiscal Trust	Robert G. and Jana M. Sullivan
Waterville Valley	23 Black Bear Rd., Unit 1541c	Condominium	\$99,000	Donna M. Colburn	Petar and Biljana Petrovic
Waterville Valley	Black Bear Lodge Condo Unit 203a	Condominium	\$105,000	Cynthia D. Leheureux and Barry Rock	Henry S. and Amy D. Risman
Waterville Valley	3 Drakes Brook Rd.	Residential Open Land	\$300,000	Yvonne A. Sandell 2005 RET and Nils R. Sandell	Steven and Kelly M. Andersen
Waterville Valley	28 Packards Rd., Unit 213	Condominium	\$110,000	Sean D. and Tacheryn A. Morrison	Bear Brook Group LLC
Waterville Valley	N/A (Lot 5)	N/A	\$170,533	Mary E. Wright	

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

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**Delivery position available.** Harris Family Furniture in Plymouth is looking for delivery help. Job includes delivering furniture and mattresses to customers' homes, moving furniture and mattresses around on the store floor. If interested call Russ 603-536-1422 or stop by and pick up an application.

**Office operations Manager wanted.** Harris Furniture in Plymouth. This job includes, but is not limited to, order entry, receiving and generating purchase orders, answering phones if needed, and some bookkeeping. Must be willing to learn our computer software. Come join our team. Email Russ at [harrisfurniture@myfairpoint.net](mailto:harrisfurniture@myfairpoint.net) or drop off resume at Harris Family Furniture in Plymouth.

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COURTESY  
Carol Phenix is Artistic Roots newest member. Stop by the Gallery at 73 Main St. to see her work. Artistic Roots is open from 10 a.m.-3 p.m., Tuesday through Saturday. Beginning April 1st, Artistic Roots will expand its hours to 10 a.m.-4 p.m., Tuesday through Sunday.



# Artistic Roots announces new hours

PLYMOUTH — Artistic Roots will extend their hours from 10 a.m. to 4 p.m., six days a week. We will be open from Tuesday through Sunday weekly. Masks will still be required, along with social distancing.

Artistic Roots would like to thank the Byrne Foundation for their generous donation of \$3000. The Foundation has been a sponsor of the Gallery for the past five years helping to renovate the teaching space. We are so appreciative of their continued support of our programs. Meredith Village Savings Bank donated \$200 to the gallery this month. The artisans of the gallery are so appreciative of the support of these two institutions.

During the month of April, Artistic Roots will partner with the Rey Cultural Center in Waterville Valley to offer four Zoom art classes for children in grades two through six. The classes will be held on Sunday afternoons from 3-4 pm. To sign up, parents should email Suzan Gannett, [suzangannett@ymail.com](mailto:suzangannett@ymail.com), to sign up. Classes include April 11 God's Eyes, April 18, Zen Doodle Bird Sculptures, April 25, Monster Paper Bag Puppets, and May 1, Aboriginal Dot Paintings. Lists of supplies needed are available on Artistic Roots' website, [www.artisticroots.com](http://www.artisticroots.com).

Artistic Roots welcome two new members, Carol Phenix, illustrator and Sam Adams, multi-media artists. Stop by the gallery to see the amazing work of these artisans.

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